

Jessica Thomas

469-479-6099

jessflowingstill@gmail.com

jessdanceartist.com

Curriculum Vitae

EDUCATION

- 2022 *MFA, Choreography, Wilson College*
Concentrations: Choreography, Interdisciplinary Arts
Thesis: *Conscious Listening Through the Lens of the Dancing Body*
Thesis Advisors: Joshua Legg, MFA, Megan Mizanty, MFA, Eileen Standley, MFA
- 2008 *BFA, Dance, University of North Texas *specificity upon request*

PROFESSIONAL TRAINING

- In progress Skinner Releasing Technique, SRT Network
2016-2017 Massage Therapy, Cortiva Institute
2011-2012 Yoga (500 hr), Dallas Yoga Center

RELEVANT SKILLS

musician (violin, piano, voice), poetry, sound design, videography/film composition

PROFESSIONAL AFFILIATIONS

- Dance Studies Association
- Dance & Child International
- Dance Science and Somatics Educators
- American Massage Therapy Association
- Sammons Center for the Arts (focus group member)

TEACHING EXPERIENCE

Teaching Artist

- 2023-present *Assistant Professor of Dance, Tenure-Track*
Stephen F. Austin State University
- teach choreography II (dance film/media), modern and post-modern technique, ballet technique, jazz technique, dance improvisation, and somatic practices/dance conditioning, dance kinesiology
 - director of SFA Repertory Dance Company/Pre-Professional Dance Performance
 - choreograph group and solo work on selected students
 - mentor students with individualized honors projects and independent studies
 - help facilitate dance program auditions, performances, and student recruitment events
 - teach master classes for student recruitment and scholarship opportunities
 - teach technique classes at the annual American College Dance Association (ACDA)
 - ACDA coordinator in preparation for ACDA 2027
 - serve on SFA Fine Arts Council

- serve on SoTD Tenure & Promotion Committee
- continued service on SFA School of Theatre and Dance Recruitment Committee

2022-2023

Visiting Assistant Professor of Dance

Stephen F. Austin State University

- taught choreography II (dance film), modern technique, ballet technique, jazz technique, dance improvisation, somatic practices/dance conditioning, and dance appreciation
- choreographed group work on SFA Repertory Dance Company
- mentored students with individualized honors projects and independent studies
- helped facilitate dance program auditions, performances, and student recruitment events
- taught master classes for student recruitment and scholarship opportunities
- taught technique classes at the annual American College Dance Association (ACDA)
- served on the SFA School of Theatre and Dance Recruitment Committee
- designed audition flyers for the dance program

2009-2020

Teaching Artist, Collaborative Lecturer, Creative Assistant, Performer

Contemporary Dance Fort Worth

- taught modern/postmodern techniques, dance improvisation, and yoga, interweaving concepts from somatics, experiential anatomy, integrated bodywork, Authentic Movement, and Skinner Releasing Technique
- provided participatory dance performance lectures that involved interdisciplinary explorations, intersecting dance, music, visual arts, and creative writing to the general public in museums and art galleries throughout the DFW Metroplex
- assisted artistic director with administrative tasks, including grant research, fundraising initiatives, strategic marketing, and community outreach

2016, 2019,
2020, 2021

Visiting Teaching Artist, Lecturer, Performer

University of North Texas

- provided student-centered, somatic practice classes/lectures/workshops exploring embodied knowledge to a mixture of pre-professional dancers and varying university majors
- interweaved concepts from somatics, experiential anatomy, integrative bodywork, yoga, Qigong Shaking, and Skinner Releasing Technique

2009-2020

Teaching Artist, Collaborative Lecturer, Performer

Dance Delivered

- taught creative movement and modern dance classes
- provided participatory dance performance lectures to underserved communities to participants of all ages, abilities, ethnicities, and socio-economic backgrounds in schools and community centers throughout the DFW Metroplex

2018-2020

Founder, Teaching Artist, Administrator

Dance & Discovery

- provided somatically-centered creative dance in all-inclusive environments to childcare facilities and Montessori schools throughout Collin County
- designed student-centered, embodied curriculum for creative dance classes, nurturing each child's curiosity for movement and heightened body awareness
- performed all administrative tasks involving strategic marketing and outreach, bi-monthly newsletters to parents and schools, documentation of student enrollment and tuition

2019-2020

Teaching Artist, Administrative Assistant

Prosper Dance Theatre/Dance Arts

- taught pre-ballet, pre-tap, pre-professional ballet, pointe, and contemporary
- assisted in administrative duties, including strategic marketing, documenting class enrollments, and student tuition

2016-2020

Teaching Artist

White Rock Dance

- taught recreational creative movement, ballet, tap, and jazz

2016-2018

Teaching Artist

The Kids Dance Company

- taught recreational creative movement, ballet, tap, and jazz

2016-2018

Teaching Artist

Sheena's Dance Academy

- taught recreational creative movement, pre-tap, and pre-ballet

2016-2018

Teaching Artist

Frisco Dance Force/Prosper Dance Force

- taught recreational creative movement, pre-professional theatre, ballet, pointe, contemporary, and jazz

2011-2013

Yoga Teacher

Dallas Yoga Center

- provided somatic and yin yoga classes

2008-2013

Teaching Artist

The Colony Dance Studio

- taught recreational creative movement, pre-ballet, pre-tap, somatic yoga, conditioning for dancers, adult modern/contemporary, pre-professional ballet, and pointe

Masterclasses/Residencies

2026

Guest Teaching Artist (representing Stephen F. Austin State University)

University of North Texas

- taught dance improvisation during annual ACDA Conference
- presented collaborative dance piece for adjudication

2025

Guest Teaching Artist (representing Stephen F. Austin State University)

Texas State University

- taught dance improvisation during annual ACDA Conference
- presented interdisciplinary dance piece for adjudication

Guest Teaching Artist (representing Stephen F. Austin State University)

Arlington Heights High School

- taught open-level dance improvisation
- observed senior spotlight performances for potential scholarships

2024

Guest Teaching Artist (representing Stephen F. Austin State University)

University of Texas Austin

- taught peer-reviewed dance improvisation during annual ACDA Conference

2023

Guest Teaching Artist (representing Stephen F. Austin State University)

Sam Houston State University

- taught modern technique, dance improvisation, and somatic yoga classes during annual ACDA Conference

- 2022 *Guest Teaching Artist*
I.M. Terrell High School for STEM and Visual Performing Arts
- taught dance improvisation workshop for intermediate/advanced dance students
- 2021 *Guest Teaching Artist*
University of North Texas, Dance Program
- taught a hybrid wellness lecture and somatic yoga workshop
- 2011-2019 *Guest Collaborative Lecturer*
Modern Art Museum of Fort Worth
- provided participatory modern dance performance lectures as requested by the museum
- 2011-2018 *Guest Collaborative Lecturer*
Kimble Art Museum
- provided participatory modern dance performance lectures as requested by the museum
- 2012, 2015 *Wellness Educator*
Fort Worth ISD Physical Education/Professional Development Training
- taught somatic yoga classes for annual enrichment workshop for high school physical education teachers in the FWISD metroplex
- 2014 *Guest Teaching Artist*
Texas Ballet Theatre
- taught two, three-hour somatic yoga workshops for pre-professional and professional dancers
- 2014 *Guest Teaching Artist*
Arts Fifth Avenue
- taught pre-professional modern dance classes during week-long dance intensive
- 2013 *Guest Teaching Artist, Collaborative Lecturer*
Fort Worth Community Arts Center
- taught somatic dance and provided interdisciplinary collaboration activities during three-day FWISD arts educator enrichment workshop
- 2012-2013 *Guest Collaborative Lecturer*
Dallas Museum of Art
- provided participatory modern dance performance lectures as requested by the museum
- 2011 *Guest Teaching Artist*
Dance & Child International
- taught creative movement classes during week-long dance workshop

CHOREOGRAPHY/PERFORMANCE EXPERIENCE

Independent Choreography Premieres

- 2026 *Awakening the Root (excerpts), (presentation/ELEVATE Conference), 12 dancers, music: Four Seasons Recomposition, Winter 3 and Summer 3 by Max Richter*
Awakening the Root (excerpts), (ACDA version), 12 dancers, music: Four Seasons Recomposition, Winter 3 and Summer 3 by Max Richter
Awakening the Root (Four Seasons), (formal/stage version), 12 dancers, music: Four Seasons Recomposition by Max Richter
- 2025 *Underdeck Variation 2, (Dance Film Lab Screening, NYC), one dancer, sound design/videography/projection: Jessica Thomas*
Don't go back to sleep, (ACDA Gala Concert), one dancer, music textures: Michele Rabbia, Gianluca Petrella, Elvind Aarset, projection/film: Jessica Thomas, sound design: Jessica Thomas, poem: Jalal ad-Din Rumi, spoken word: Elijah Johnson
Don't go back to sleep, (formal/stage version), one dancer, music textures: Michele Rabbia, Gianluca Petrella, Elvind Aarset, projection/film: Jessica Thomas, sound design: Jessica Thomas, poem: Jalal ad-Din Rumi, spoken word: Elijah Johnson
When Water Speaks..., (presentation/RAISE Conference) five dancers, music textures: Sealand Wave, Johann Johannsson, sound design: Jessica Thomas, projection/film: Jessica Thomas, stage design: Jessica Thomas
When Water Speaks..., (formal/stage version) five dancers, music textures: Sealand Wave, Johann Johannsson, sound design: Jessica Thomas, projection/film: Jessica Thomas, stage design: Jessica Thomas
Duke Ellington Jazz Suite, 15 dancers, nine dances, composer: Duke Ellington, live musicians: SFASU Jazz Band, conductor: JD Salis
- 2024 *Chronos/Kairos (presentation/RAISE Conference), four dancers, music textures: Michael Wall, Eckert & Hagen, sound design/poetry: Jessica Thomas, projection/film: Jessica Thomas, written words & drawings: all dancers*
Chronos/Kairos (formal/stage version), four dancers, music textures: Michael Wall, Eckert & Hagen, sound design/poetry: Jessica Thomas, projection/film: Jessica Thomas, written words & drawings: all dancers
- 2023 *Plastic(ity) (art gallery installation), one dancer, sound design: Jessica Thomas, film composition: Jessica Thomas, projection: Jessica Thomas*
Reveries, nine dancers, sound design: Jessica Thomas, film composition: Jessica Thomas
Estrela é Lua Nova, two dancers, composer: Heitor Villa-Lobos, choir conductor: Michael Murphy, vocalists: SFASU A Cappella choir
Sub(liminal) Hues, seven dancers, music textures: Michael Wall, sound design/poetry: Jessica Thomas, spoken word: Jessica Thomas and dancers, interpretive visual art: all dancers
Underdeck (Variation 1): Projection Installation, one dancer, sound design/projection: Jessica Thomas
- 2022 *Lean In, one dancer, composer: Michael Wall and Jessica Thomas*
Underdeck 1, one dancer, sound design/videography/projections: Jessica Thomas
Variation Dialogues: Interactive Projection/Media Installation, sound design and projection/media installation: Jessica Thomas
Vortex 360, one dancer, sound design/virtual reality videography: Jessica Thomas

Vortex Variations (1-3), one dancer, sound design/videography: Jessica Thomas
Workshop 360, one dancer, sound design/virtual reality videography: Jessica Thomas
Workshop Variations (1-3), one dancer, sound design/videography/projections: Jessica Thomas
Stairwell 360, one dancer, sound design/virtual reality videography: Jessica Thomas
Stairwell Variations (1-3), one dancer, sound design/videography/projections: Jessica Thomas
Underdeck 360, one dancer, sound design/virtual reality videography: Jessica Thomas
Underdeck Variations (1-3), one dancer, sound design/videography/projections: Jessica Thomas

2021
Light Dances, one dancer, sound design/videography: Jessica Thomas
Synergy Dances, one dancer, sound design/videography: Jessica Thomas
Illuminight, one dancer, sound design/videography: Jessica Thomas
Beneath the Noise (Truth Beckons Unabating), one dancer, sound design: Jessica Thomas
Moon Butter Memory, one dancer, sound design/videography/projection/poetry: Jessica Thomas
Plastic(ity), one dancer, sound design/videography: Jessica Thomas

2020
In Memoriam, one dancer, sound design/videography: Jessica Thomas
Roofers' Ethnography, one dancer, sound design/videography/spoken word: Jessica Thomas
Dark Dances, one dancer, sound design/videography: Jessica Thomas

2019
Heima (Mourning), one dancer, composer: Texas New Music Ensemble
Heima (Silence), one dancer, performed in silence
Chance Divided by 2 (Part 1 & 2), one dancer
Glow, one dancer, composer: Nils Frahm
Feminine Flame, one dancer, composer: Shakti, poetry: Jessica Thomas
Dance with Chance (theatrical version), one dancer
Traces of Motion #1, one dancer, videography: Jessica Thomas, performed in silence

2018
Trinity, one dancer, composer: Daniel Katsuk
Dying for Harmonium, one dancer, composer: John Hopkins

2015
Untitled, two dancers, composer: Zoe Keating
Untitled, eleven dancers, composer: Brian Setzer Band

2013
Beyond Breathing. The Uncreated. The Unknown., one dancer, composer: Sigur Ros
Heima Variations (ongoing), one dancer, performed in silence
Green Ivory, one dancer, composer: Craig Duncan

2012
Always Gives You Water, one dancer, composer: Sigur Ros
(U)niverse, one dancer, composer: Jonsi & Alex
Untitled, six dancers, composer: Ludwig van Beethoven

2011
U Knows, one dancer, composer: Jonsi & Alex
Untitled, five dancers, composer: Jonsi & Alex
Untitled, six dancers, composer: Pyotr Ilyich Tchaikovsky

2010
seenunseen, one dancer
Untitled, five dancers, composer: E. S. Posthumus

Collaborative Company Choreography Premieres

2023
Contemporary Dance Fort Worth

Actions and Elegies for Robert Motherwell, 13 dancers, composers: John Hopkins, Doug Ferguson, William Meadows, Brittany Padilla

- 2019 **Contemporary Dance Fort Worth**
Accidental Archipelago, two dancers, performed in silence
The Annihilation of Time and Space – Version 1, six dancers, performed with four metronomes
Group Structures, six dancers, composer: James Talambas
Trio Dialogues, three dancers, composer: Texas New Music Ensemble
- 2018 **Contemporary Dance Fort Worth**
Murakami Mezza, seven dancers, composer: John Hopkins
- 2016 **Contemporary Dance Fort Worth**
ConStellaTions: Cosmos to Chaos, eight dancers, composer: John Hopkins, Allen Austin, and Bob Mansfield
Shapes Dance, five dancers, composer: John Hopkins
- 2015 **Contemporary Dance Fort Worth**
Dance Unplugged, seven dancers, composer: John Hopkins and Austin Patton
Stomping Out: Abridged History of Modern Dance, seven dancers, composer: Bee Gees
- 2014 **Contemporary Dance Fort Worth**
Sky Descending: Dancing Between Two Buildings, seven dancers, composer: John Hopkins and Brittany Padilla
Some Assembly Required, five dancers, composer: Austin Patton
Live Bates: Structured Improvisations, four dancers, performed in silence
Sculpture Dance/Garden, seven dancers, composer: Westin Portillo
- 2013 **Contemporary Dance Fort Worth**
Chagall: Beyond Color, five dancers, composer: Austin Patton
Sculpture Dance/North Park, seven dancers, composer: Austin Patton and Jon David Johnston
- 2012 **Contemporary Dance Fort Worth**
Freudian Slips and Silent Screams, seven dancers, performed in silence
Irresistible Forces, five dancers, performed in silence
- Satellite Dance Collective**
Shade, three dancers, set and projection design: Scott Martin
- 2011 **Contemporary Dance Fort Worth**
I Am uAre, five dancers, composer: Sarah Donaldson
- Satellite Dance Collective**
Phoenix, three dancers
- 2010 **Contemporary Dance Fort Worth**
The Butterfly Effect and Other Beautiful Catastrophes, seven dancers, composer: William H. Meadows
Irresistible Forces: A "Happening" in Honor of Mother Nature, seven dancers, performed in silence
A Muse Was Here: musing for the theatre, nine dancers, composer: Layne Redmond
3 B's and a C, seven dancers, composer: Johann Sebastian Bach, Johannes Brahms, Ludwig van Beethoven, George Clinton
- Muscle Memory Dance Theatre**
Untitled, nine dancers

2009 **Contemporary Dance Fort Worth**
A MUSE Was Here: musing on artistic inspiration in the MUSEum, nine dancers, composer: Layne Redmond
Shadow Dancing, seven dancers, composer: Justin Eves
Paper Bags and Bare Feet: art is play when the ordinary meets the imaginary, five dancers
Random Acts of Dance, eight dancers, performed in silence
Shut Up and Dance!, seven dancers, composer: Sloan Automatic
A Jazzy Christmas, seven dancers, composer: Adonis Rose, Fort Worth Jazz Orchestra, and Duke Ellington

Muscle Memory Dance Theatre
Untitled, seven dancers

Satellite Dance Collective
The Eclipse Project Part 1, two dancers
Untitled, two dancers

Performances of Choreographer/Company Premieres

**specificity of additional extensive professional company training available upon request*

2020 **Claudia Porcasitas**
ReImagine Self, three dancers, composer: Andrew DiRemiggio Stoltz and Michael Wall

2016 **Gus Solomons Jr. (Merce Cunningham Dance Company)**
Steps 13: Thirteens/restaging, six dancers, composer: Jalalu-Kalvert Nelson

2015 **Kerry Kreiman**
Caravan of Screams, 3 dancers, composer: Halloween Compilation

2012 **Kerry Kreiman**
Organized Dances, seven dancers, composer: Brave Combo
Currents, five dancers, composer: Johann Sebastian Bach

Claudia Porcasitas
The Human Season, seven dancers, composer: Anna Phoebe

Courtney Mulcahy
Kakudo, five dancers, composer: Jon David Johnston

2011 **Kerry Kreiman**
Winter Night, five dancers, composer: William Meadows

Claudia Porcasitas
Madre Luna, two dancers, composer: Mecano

Sarah Newton
after dusk, before dawn, six dancers, composer: Van Eric Martin
Untitled, six dancers

2010 **Kerry Kreiman**
Terminus, seven dancers, composer: William Meadows
Something To Crow About: A Dance Suite, seven dancers, composer: Leeann Atherton

Colin Connor (José Limón Dance Company)
Instincts, eleven dancers

Elizabeth Gillaspay
New Best Friend/restaging, two dancers

Kihyoung Choi
Please Stop Being Nice!, two dancers, composer: Meredith Monk and Byoung Lee

Lori Sundeen Soderbergh
As Seen on TV, one dancer
Questions (Blowin' in the Wind), one dancer, composer: Bob Dylan

Claudia Porcasitas
Chao, one dancer, composer: Meredith Monk
Backhaus Dance Company
Untitled, thirteen dancers

2009
Kerry Kreiman
Stand Next To You, two dancers, composer: Sloan Automatic
Lori Sundeen Soderbergh
Dance Painting, three dancers

2008
Brenna Monroe-Cook (José Limón Dance Company)
Jose Limon's *Psalm*/restaging, thirteen dancers, composer: Jon Magnussen
Shelley Cushman
En I Me, fourteen dancers, composer: Jesse Coulter

INTENSIVES/WORKSHOPS PARTICIPATED IN

Bartenieff Fundamentals (PA), 2022, Kristen Chun/Alexander Technique (PA), 2021, Out on a Limb Dance Company (TX), 2013, 2015, 2017, Brazos Dance Collective (TX), 2012, 2014, Dallas Black Dance Theatre (TX), 2012, Brenna Monroe-Cook (CA), 2008, 2010, Colin Connor (CA), 2010, 2011, Risa Steinberg (CA), 2011, Bill Evans Somatic Dance (TX), 2009, 2011, 2014, Backhaus Dance Company (CA), 2009, 2010, Merce Cunningham Dance Company (NY), 2008, 2009, Alvin Ailey Dance Company (NY), 2005, 2008, 2010, Jose Limon Dance Company (NY), 2008, 2009, 2010, Dance New Amsterdam (NY), 2004, 2005, 2008, 2009, Peridance Center (NY), 2004, 2005, 2008, 2009, Carla Maxwell (NY), 2008, Andy Noble (TX), 2008

AWARDS & HONORS

ACDA Gala Concert recipient, 2025
SoTD Outstanding Faculty Award Nominee, 2024
Evans Somatic Dance Institute Scholarship recipient, 2015
José Limón Intensive Scholarship recipient, 2010
Backhaus Dance Intensive Scholarship recipient, 2009
Lucille Murchison Dance Scholarship recipient, 2004
Chi Tau Epsilon: Dance Honor Society, 2004-2008

REFERENCES

Joshua Legg
joshua.legg@wilson.edu
Wilson College
Associate Dean for Academic Affairs & MFA Program Director
717-264-2781

Kerry Kreiman
cdfw@cdfw.org
Contemporary Dance Fort Worth
Executive/Artistic Director
817-401-1671

Lori Sundeen Soderbergh
lsundeensoderbergh@gmail.com
Over the Bridge Arts
Executive/Artistic Director
817-937-6846

